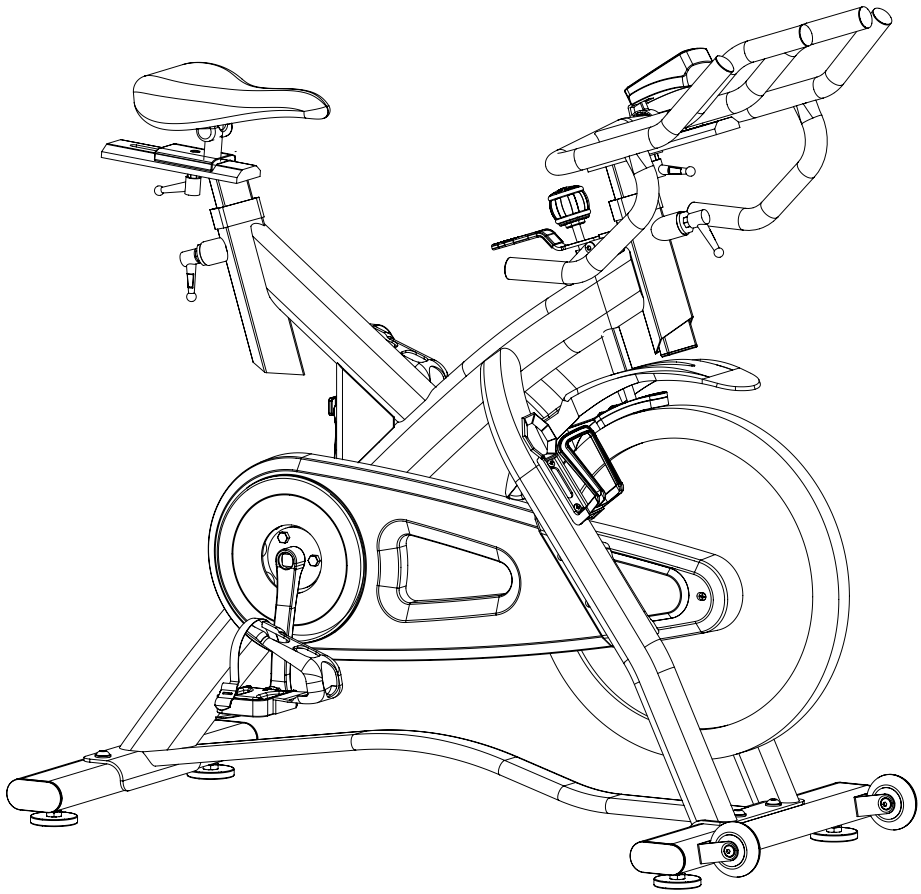
LK500IC



OWNER'S MANUAL

Important: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

BH North America | 20155 Ellipse, Foothill Ranch, California 92610 | p.949.206.0330 | f.949.206.0013 | www.BHFitnessUSA.com

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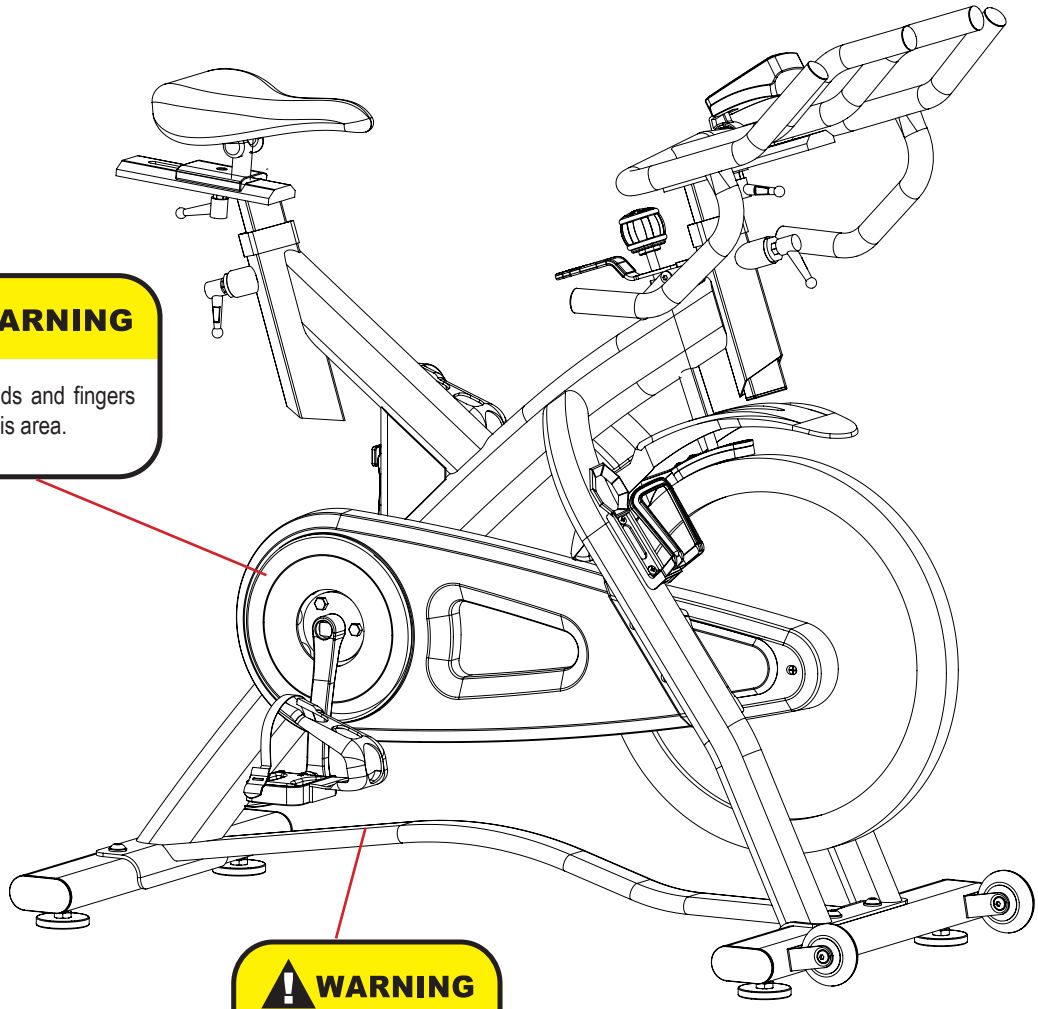
CONGRATULATIONS

Congratulations on your purchase of BH Fitness equipment. We hope you appreciate the style, quality, and value that exercisers across North America have come to expect from BH Fitness.

If you have any questions, concerns or product issues, please call our Customer Service at 1-866-325-2339 or email us at CustomerSupport@BHNorthAmerica.com.

Carefully read through the instructions contained in this manual. They provide you with important information about assembly, safety, fitness and use of the machine. Please read ALL the safety information contained on the following page.

WARNINGS AND LABELS



WARNING

Keep hands and fingers clear of this area.

WARNING

- Misuse of this machine may result in serious injury.
- Read User's Manual prior to use and follow all warnings and instructions.
- Do not allow children on or around the machine.
- This bike does not free-wheel. Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- The user weight must not exceed 300 lbs/136 kgs.
- This product should always be used on a level surface.
- Replace label if damaged, illegible or removed.

SAFETY INFORMATION

PRECAUTIONS

The machine has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the machine. Please observe the following safety precautions:

1. Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where the the machine is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this machine STOP the exercise. SEEK IMMEDIATE MEDICAL ATTENTION!
3. Use the machine on a level and solid surface. Adjust the feet for stability.
4. Keep your hands away from any of the joints and moving parts.
5. Wear clothing suitable for doing exercise. Do not wear baggy clothing that might get caught in the machine. Always wear athletic shoes when using the machine and tie the laces securely.
6. This machine must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by BH Fitness.
7. Do not place sharp objects near the machine.
8. Any person with physical or coordination limitations should not use the machine without the assistance of a qualified person or doctor.
9. Do warm-up stretching exercises before using the equipment.
10. Do not use the machine if it is not working correctly.
11. Before using the machine, thoroughly inspect the equipment for proper assembly.
12. Maintain a clearance of 18 inches in front and to the sides as well as 24 inches to the rear.
13. Use only authorized and trained technicians if a repair is needed.
14. Please follow the advice for correct training, as detailed in the Training Guidelines.
15. Use only the tools provided to assemble this machine.
16. This machine was designed for a maximum user weight of 300 Lbs (136kg)
17. The machine can only be used by one person at a time.
18. The moving pedals can cause injury.

Caution: Consult your doctor before beginning to use the machine or any exercise program. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.

EXERCISE INSTRUCTION

Use of the machine offers various benefits; it will improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it will help you lose weight.

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
2. Work at the recommended exercise level. Do not over exert yourself.
3. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
4. Wear appropriate clothing and footwear for the exercise; do not wear loose clothing; do not wear leather soled shoes or footwear with high heels.
5. It is advised that you do warm-up stretches before working out.
6. Step on to the equipment slowly and securely.
7. Select the program or workout option that is most closely aligned with your workout interests.
8. Start slowly and work your way up to a comfortable pace.
9. Be sure to cool down after your workout.

TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Reduction in stress, increase in self-confidence, etc.

There are several components of physical fitness and each is defined below.

STRENGTH
The capacity of a muscle to exert a force against resistance. Strength contributes to power and speed.

MUSCULAR ENDURANCE
The capacity to exert a force repeatedly over a period of time, e.g. it is the muscular endurance of your legs to carry you 10 km without stopping.

FLEXIBILITY
The range of motion of your joints. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and it provides increased resistance to muscle injury or soreness.

CARDIO-RESPIRATORY ENDURANCE
The most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

AEROBIC FITNESS
Is an exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process. Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time.

ANAEROBIC TRAINING
Is an exercise intense enough to trigger anaerobic metabolism. This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, a 100 meter sprint.)

OXYGEN UPTAKE
The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased VO2 Max indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen, and of the muscles to take up oxygen.

THE TRAINING THRESHOLD
This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

OVERLOAD
This is where you exercise above your comfort level. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should rise. Working through your program and gradually increasing the overload factor is important.

PROGRESSION
As you become more fit, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

SPECIFICS
Different forms of exercise produce different results. The type of exercise that is carried out is specific to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

REVERSIBILITY
If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM-UP
Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles group to be involved later. Stretching should be included in both your warm-up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

WARM DOWN OR COOL DOWN
This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

HEART RATE

As you exercise, your heart beat increases. This is often used as a measure of the required intensity of an exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important when developing an exercise program for you. When starting, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are more fit, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are "starting fitness."

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

PULSE COUNT

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average with your fitness, you may work comfortably a little above that suggested for your age group. The following table is a guide.

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you over exercise. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

MUSCLE SORENESS

For the first week or so, muscle soreness may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair athletic shoes.

BREATHING DURING EXERCISE

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

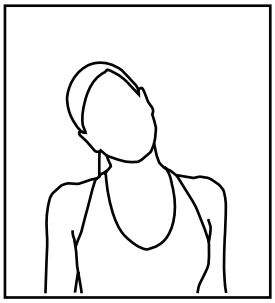
REST PERIODS

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between exercises may vary from person to person.

SUGGESTED STRETCHES

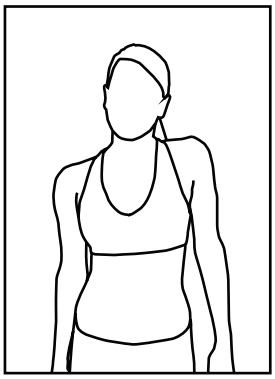
Head Rolls

Rotate your head to the right for one count while feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



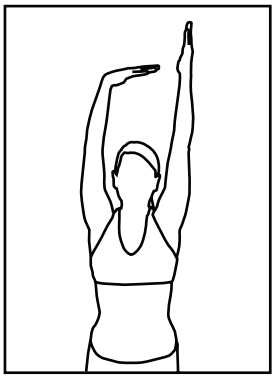
Shoulder Lifts

Lift your left shoulder up toward your ear for one count. Then lift your right shoulder up for one count as you lower your left shoulder.



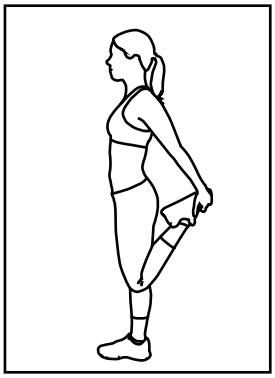
Side Stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your left arm as far upward as you can for one count. Feel the stretch up your left side. Repeat this action with your right arm.



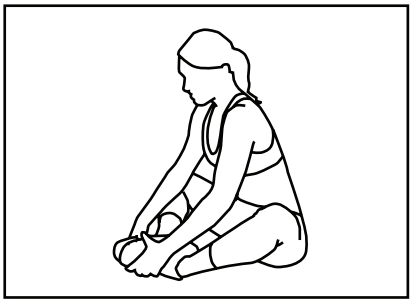
Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.

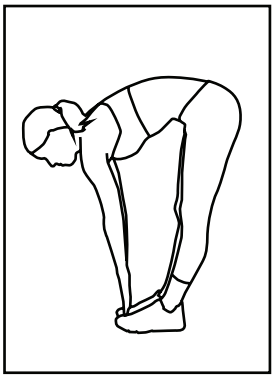


SUGGESTED STRETCHES

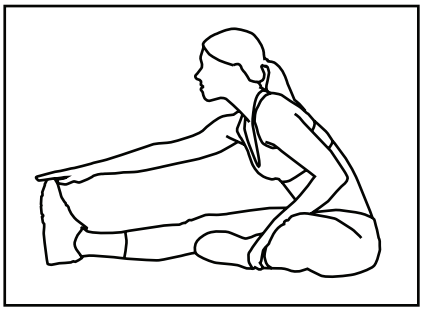
Inner Thigh Stretch
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



Toe Touches
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

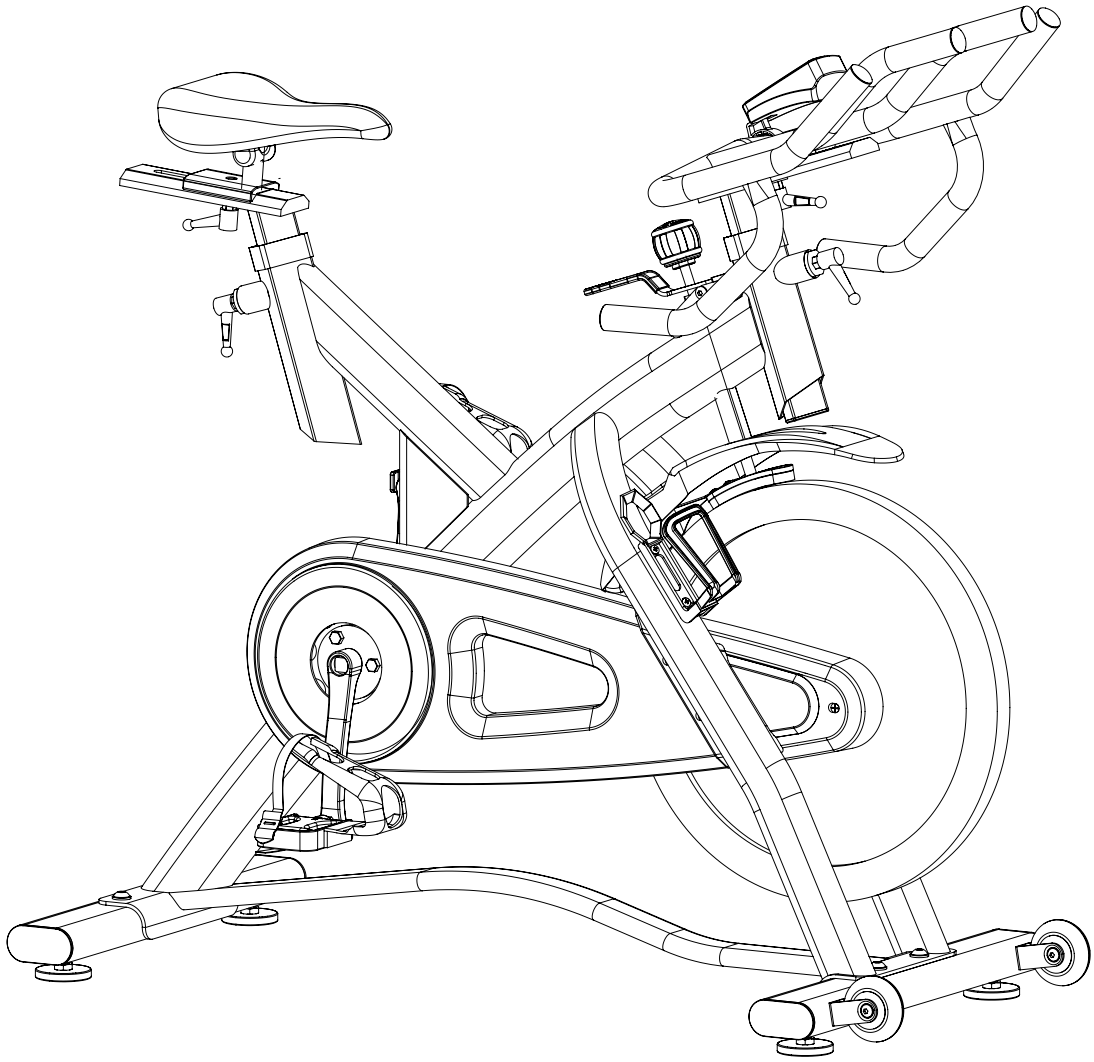


Hamstring Stretches
Sit with your right leg extended. Rest the soles of your left foot against your right inner thigh. Stretch toward your toes as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

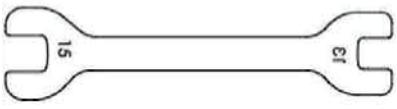


Calf/Achilles Stretches
Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hip toward the wall. Hold, then repeat on the other side for 15 counts.

OVERVIEW



TOOLS TO USE

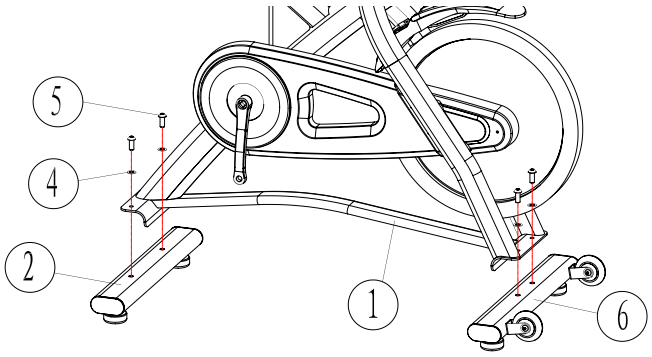
 1 PC	S6 1PC	S4 1PC

Note: The following tools are included and are the only tools necessary for assembly

ASSEMBLY INSTRUCTIONS

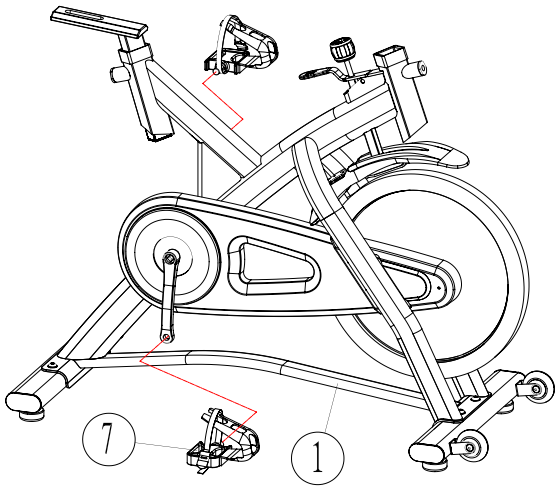
STEP 1. ATTACH FRONT AND BACK STABILIZER

Attach the Front Stabilizer (6) and Back Stabilizer (2) to Main Frame (1) respectively with 4pcs of Hexagon Flat Round Head Screw M10*25L (5) and Flat Washer (4) ø20*ø10*1.5T by Inner Hex tools for fastening.



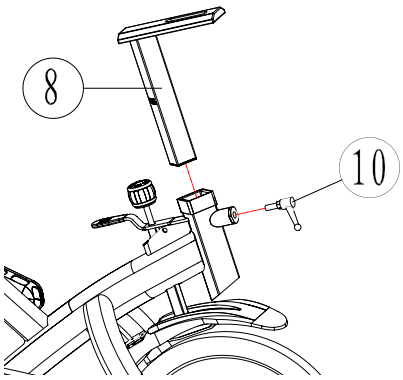
STEP 2. INSTALL LEFT & RIGHT PEDAL

Refer to the figure as below, insert the Left Pedal and Right Pedal (7) into the Crank. Tighten them with the 15mm wrench provided by turning clockwise.



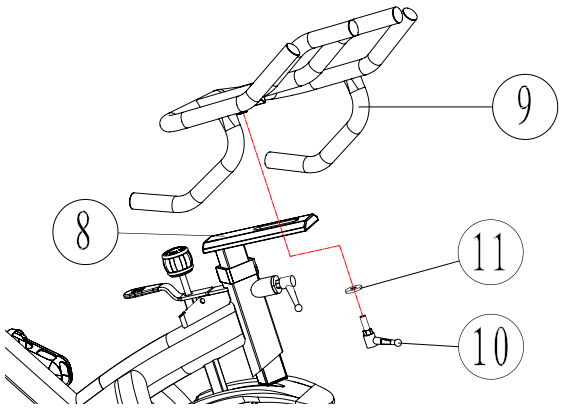
STEP 3. FASTEN HANDLEBAR POST

Loosen the handle (10). Then insert the handle bar post (8) into the handlebar support and secure with the handle (10).



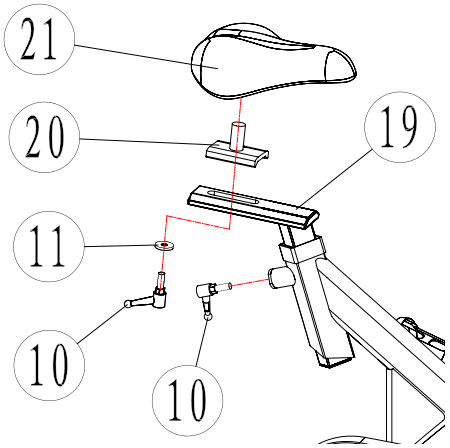
STEP 4. FASTEN HANDLEBAR

Refer to the following figure, put the handlebar (9) onto the Handlebar Post (8), and fasten them through Flat Washer (11) and Handle (10).



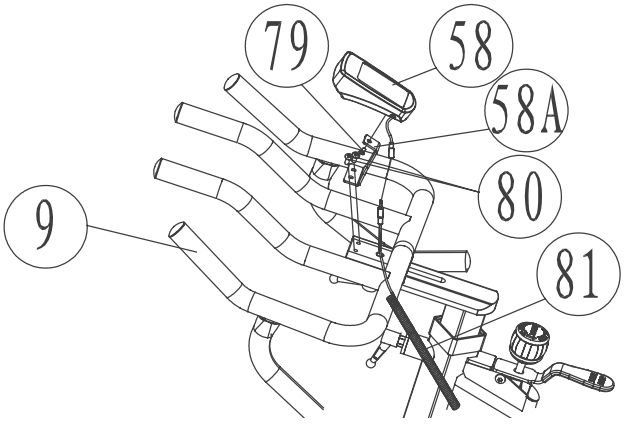
STEP 5. FASTENING THE SLIDER AND SEAT

Affix the Seat Slider (20) to the Seat Post (19). From below the Seat Post, use the Washer (11) and Handle (19) to screw into the bottom of the Seat Slider (20) to secure. Slide the Seat (21) onto the post of the Seat Slider (20) and tighten with the 13 mm wrench provided.



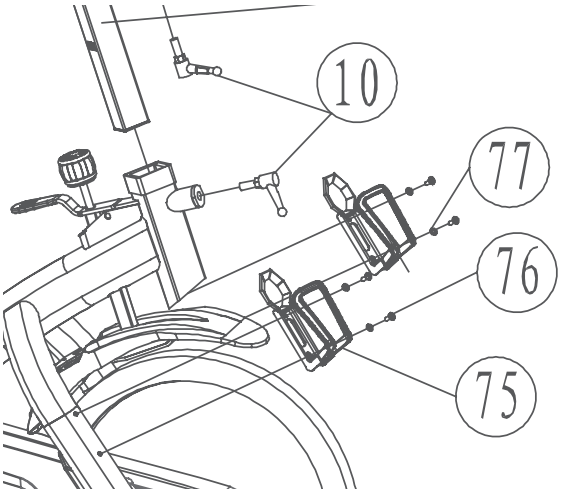
STEP 6. FIX THE CONSOLE

First unscrew the 2 Screws (58A) from the Handlebar (9). Mount the Console Bracket (58A) onto the Handlebar (9) with the screw you just removed. Next take out the Screw (80) on the back of the Console (58) and slide the back cover off. Install the included batteries and replace the back cover. Slide the Console (58) onto the Console Bracket (58A) and secure the Console (58) with Screw (58A) on the back of the Console (58).



STEP 7. FIX THE WATER BOTTLE HOLDER

The Screws (76) and Washers (77) to install the Water Bottle Holders are installed on the right and left legs of the frame. Unscrew them and put them aside. Take your Water Bottle Holder and align them with the holes in the Frame. Secure them with 2 Washers (77) and 2 Screws (76).



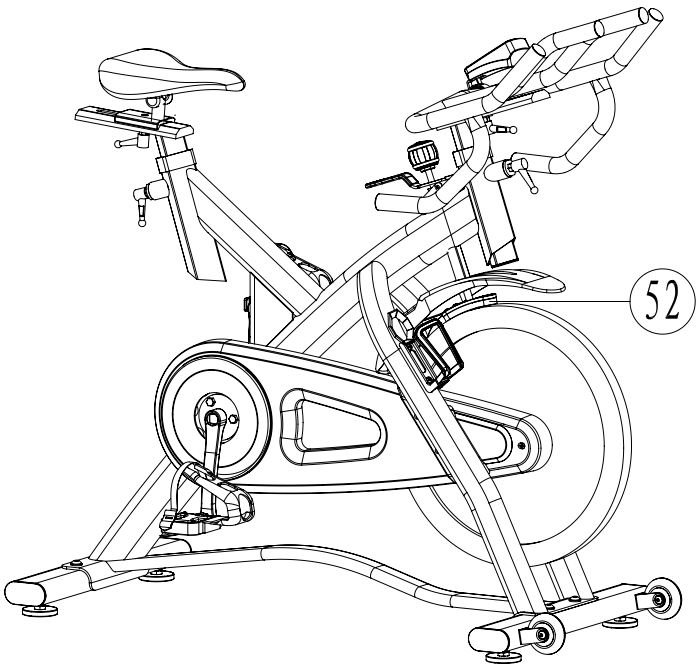
STEP 8. INSTALLATION

After installation, please check carefully to ensure all screws and nuts are fully fastened.

NOTICE

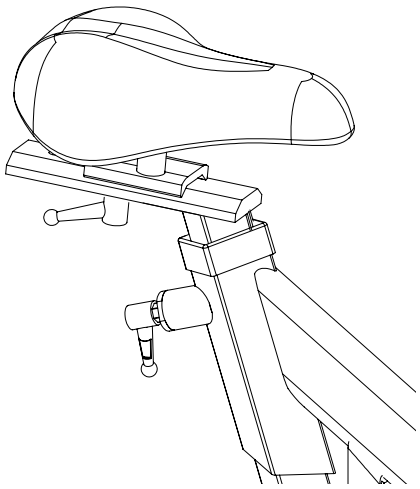
1.Please check all the nuts, nut caps and pedals are secured and tight. If you find any defective parts, please replace that immediately, do not exercise on the equipment until they are repaired.

2.Please refer to the following figure, the area of the Brake Pad (52) is most vulnerable to damage, if you find it damaged when opening the product, please replace them immediately.

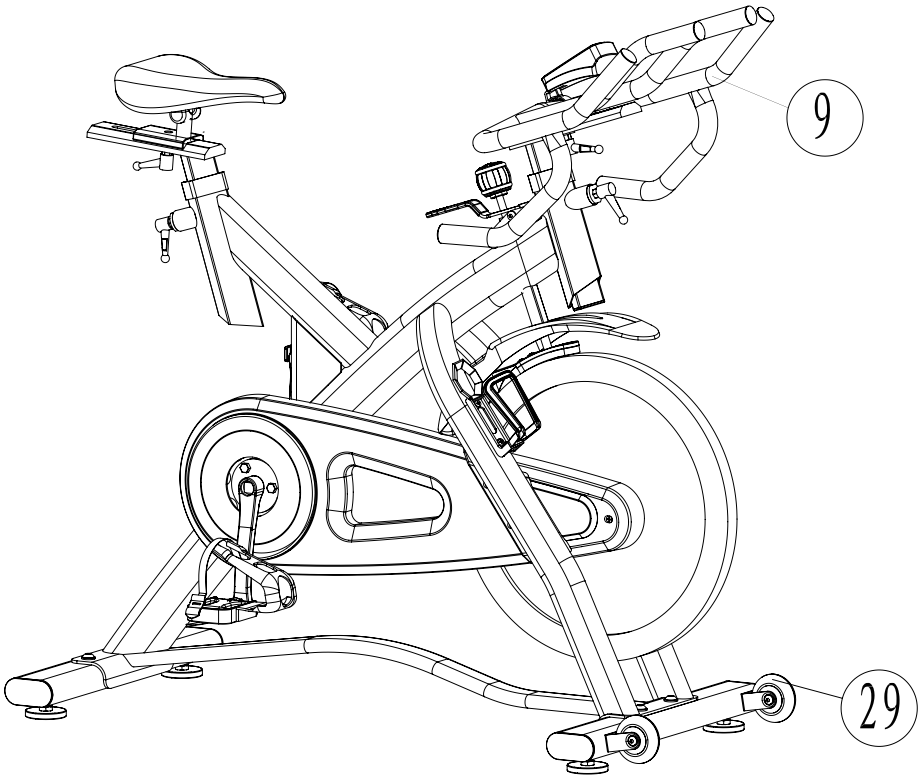


3. Please check regulary if Pedals have become loose. If so, please repeat Step 2 for installation.

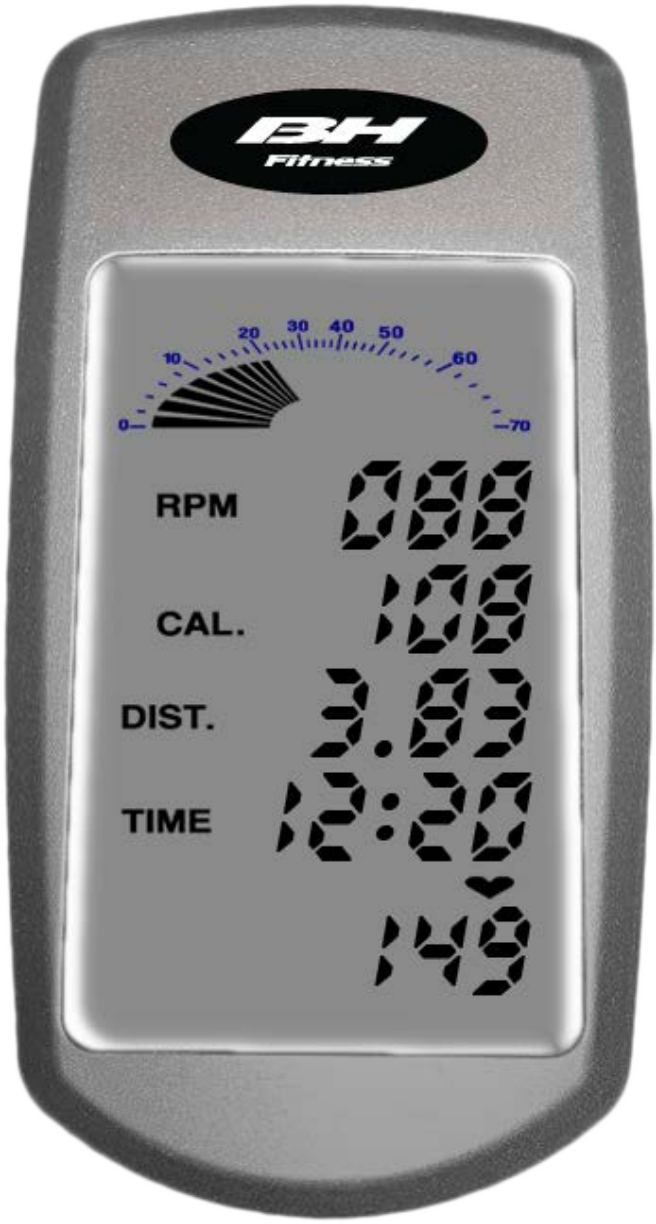
4. If the Seat is loose, tighten the Hexagon Screw.



5. The unit is equipped with wheels on the front stabilizers (29), to make it easier to move. The wheels located at the front of your unit make it easier to move it into a chosen position, by lifting the rear of the unit up slightly and pushing it.



CONSOLE OVERVIEW



CONSOLE OPERATIONS

GENERAL:
This console has a LCD which displays; Speed, RPM, Calories, Distance, Time and Pulse (optional).

POWER ON/OFF
The display will show all data upon pedaling. Once pedaling stops, the LCD will blink, displaying the latest data before pedaling stopped. The display will turn off once pedaling has stopped for over 45 seconds.

DISPLAY DATA:

SPEED
Located on top of the LCD display. Shows current speed with pointer.

TIME
Shows total time of the workout. Range: 00:00~99:59

RPM
Rotation Per Minute. Range: 0~140. If RPM exceeds 140, LCD will show STOP for safety reasons.

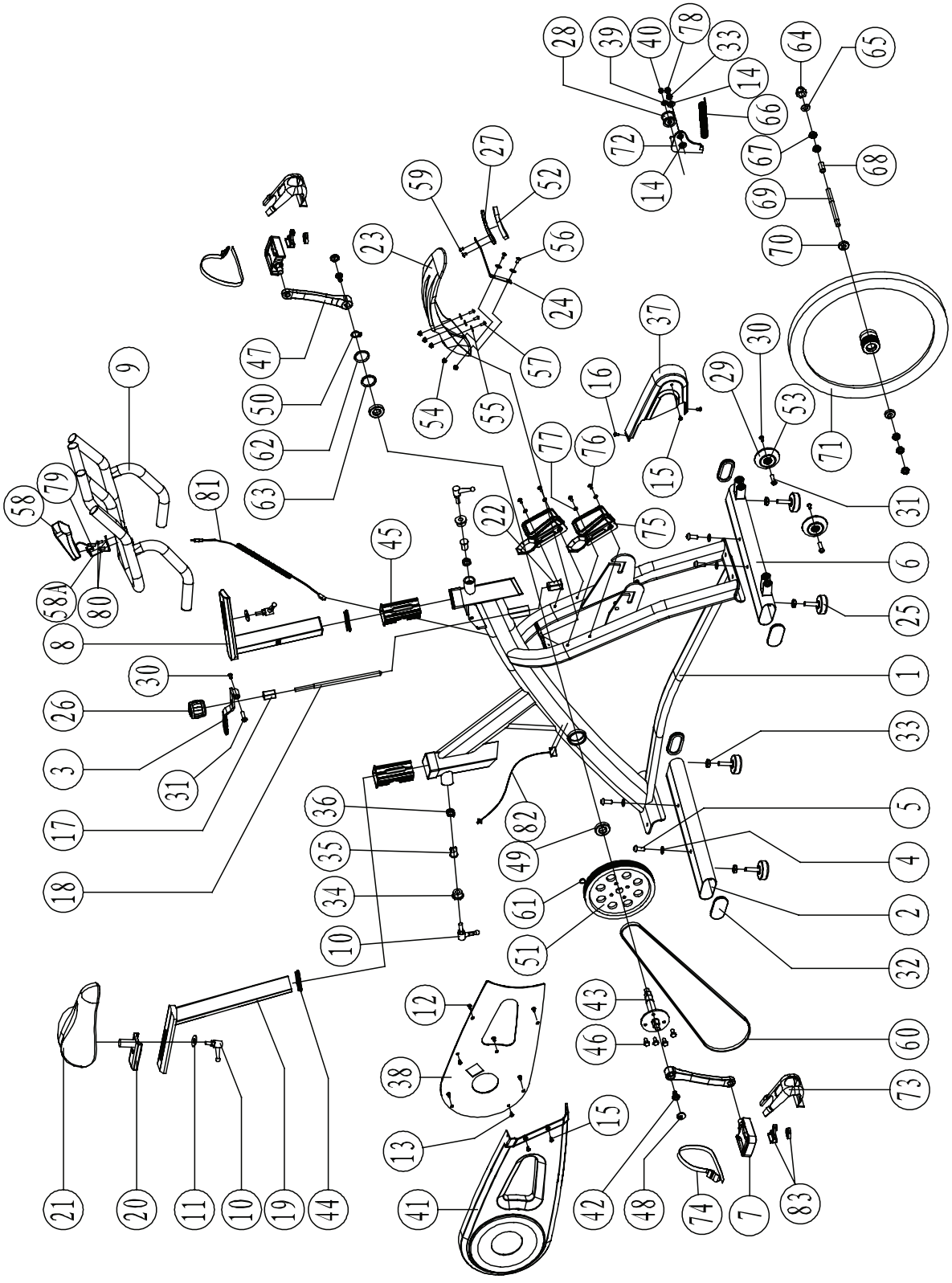
DISTANCE
Range: 0~999.9; Change increment: 0.1 miles.

CALORIES
Shows calories consumed during this workout. Range: 000.0~999.9.

WATT
Shows the watts consumed during this workout. Range: 0~999

PULSE
When using a compatible wireless heart rate chest strap, the bottom of the LCD will show heart rate (chest strap not included). Range: 60~ 240 BPM.

EXPLODED VIEW DRAWING



PARTS LIST

To order replacement parts: provide your customer service representative with the product model number and the part number located on the Parts List below, along with the quanity you require.

NO.	Description	QTY		NO.	Description	QTY
LK500IC-1	Frame	1		LK500IC-43	Axle Welding	1
LK500IC-2	Back Base	1		LK500IC-44	Sheath Of Inner Tube	2
LK500IC-3	Braking Handle	1		LK500IC-45	Sheath Of Handle Bar Post	2
LK500IC-4	Flat Mat	4		LK500IC-46	Hex Screw	4
LK500IC-5	Inner Hexagon Flat-Round-Head Screw	4		LK500IC-47	Left And Right Crank	1set
LK500IC-6	Front Base	1		LK500IC-48	Crank Cover	2
LK500IC-7	Pedal	1set		LK500IC-49	Bearing	2
LK500IC-8	Handle Bar Post	1		LK500IC-50	C-Shaped Buckle	1
LK500IC-9	Handle Bar	1		LK500IC-51	Belt Plate	1
LK500IC-10	Quick Handle	4		LK500IC-52	Woolen Braking Pad	1
LK500IC-11	Enlarged And Thicker Flat Washer	2		LK500IC-53	Bearing 608	2
LK500IC-12	Cross Umbrella Head Self Tapping Screw	5		LK500IC-54	Cap Nut	5
LK500IC-13	Cross Umbrella Head Screw	2		LK500IC-55	Larger Mat	5
LK500IC-14	Flat Mat	2		LK500IC-56	Cross Umbrella Head Screw	4
LK500IC-15	Cross Countersink Screw	3		LK500IC-57	Cross Umbrella Head Screw	1
LK500IC-16	Cross Umbrella Head Self Tapping Screw	2		LK500IC-58	Meter	1
LK500IC-17	Braking Limited Block	1		LK500IC-59	Cross Umbrella Head Screw	2
LK500IC-18	Braking Screw	1		LK500IC-60	8 Chimb Pj Belt	1
LK500IC-19	Seat Post	1		LK500IC-61	Magnet	1
LK500IC-20	Seat Slider	1		LK500IC-62	Washer	1
LK500IC-21	Seat	1		LK500IC-63	Wave Mat	1
LK500IC-22	Plastic Sheath	1		LK500IC-64	Cap Nut	1
LK500IC-23	Flywheel Cover	1		LK500IC-65	Flat Mat	1
LK500IC-24	Braking Shrapnel	1		LK500IC-66	Pressing Spring	1
LK500IC-25	Base Leveler	4		LK500IC-67	Hex Nut	5
LK500IC-26	Tension Knob	1		LK500IC-68	Sleeve	1
LK500IC-27	Braking Pad Holder	1		LK500IC-69	Flywheel Axle	1
LK500IC-28	Pulley,Flywheel Front Driven	1		LK500IC-70	Bearing	2
LK500IC-29	Transportation Wheel	2		LK500IC-71	Flywheel	1
LK500IC-30	Hexagon Flat-Round-Head Screw	3		LK500IC-72	Pressing Pole Welding	1
LK500IC-31	Hexagon Hollow Bolt	3		LK500IC-73	Pedal Cage	2
LK500IC-32	Cap Of Stabilizer Tube	4		LK500IC-74	Pedal String	2
LK500IC-33	Hexagon Nut	4		LK500IC-75	Water Bottle Holder	2
LK500IC-34	Inner Screw Cap	2		LK500IC-76	Cross Umbrella Head Screw	2
LK500IC-35	Limited Axle	2		LK500IC-77	Flat Mat	2
LK500IC-36	Spring	2		LK500IC-78	Nylon Nut	1
LK500IC-37	Small Chain Cover	1		LK500IC-79	Phillips Screw	1
LK500IC-38	Fixed Patch Of Chain Cover	1		LK500IC-80	Phillips Screw	2
LK500IC-39	Flat Mat	2		LK500IC-81	Upper Sensor Cable	1
LK500IC-40	Nylon Nut	2		LK500IC-82	Lower Sensor Cable	1
LK500IC-41	Big Chain Cover	1		LK500IC-83	SPD Hardware	1set
LK500IC-42	Hex Flange Nut	2				

WARRANTY

COMMERCIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Ten (10) year warranty coverage on frame and three (3) year on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

LIGHT COMMERCIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Ten (10) year warranty coverage on frame and five (5) year on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

RESIDENTIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and ten (10) year on other parts. Labor warranty coverage is two (2) years. Warranty covers the original consumer purchaser only.

THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

For more detailed warranty information or to register your product warranty easily online, visit our website at: **www.BHFitnessUSA.com**

FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE BACK TO THE RETAIL STORE. CONTACT BH FITNESS FIRST.

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